# Fertility Diet Foundations

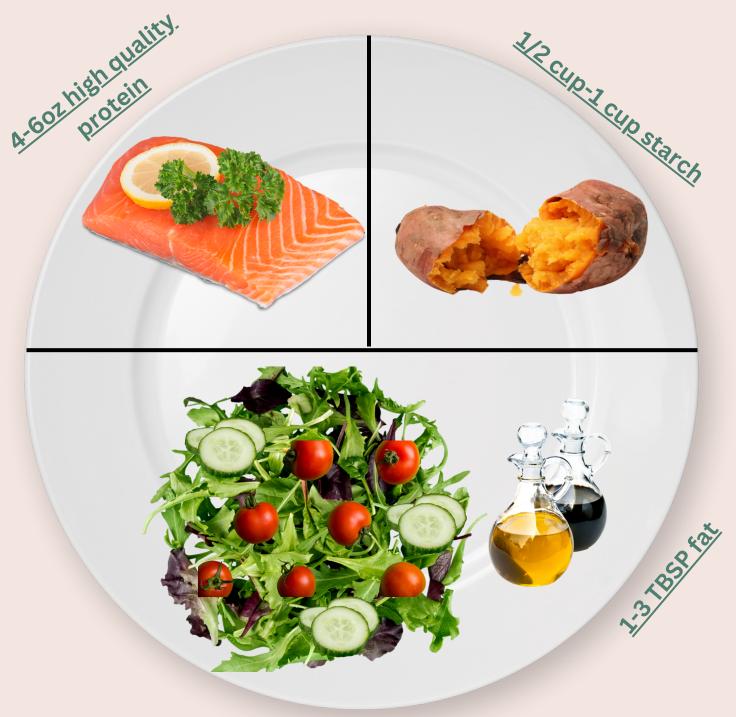
A blueprint to a healthy diet that optimizes fertility

Little Life Nutrition©



## The Fertility Plate

\*Click the text to see examples of these foods



1-2 cups non-starchy veggie

LITTLELIFENUTRITION.COM

Little Life Nutrition© 2022

#### PROTEIN EXAMPLES

- Grass-fed beef
- Chicken
- Turkey
- Lamb
- Bison
- Venison
- Eggs
- Pork
- Salmon
- Cod
- Tuna
- Shrimp
- Sardines
- Mackerel
- Mahi-Mahi
- Oysters
- Full-fat Greek yogurt
- Whey protein powder
- Plant-based protein powder
- Tofu
- Tempeh

#### STARCH EXAMPLES

- Sweet potato
- Corn
- Green peas
- Beets
- Black-eyed peas
- Green split peas
- Chickpeas
- Potatoes
- Parsnips
- Yams
- Cassava
- All beans
- All lentils
- Soybeans/edamame
  Rye
- Butternut
- Squash
- Acorn Squash
- Delicata Squash
- Spaghetti Squash
- Kabocha Squash
- Pumpkin

- Bread/Gluten-free bread
- Crackers
- Cereal
- Pasta
  - Rice
    - Qunioa
    - Couscous
    - Orzo
    - Millet
    - Buckwheat
    - Oats
    - Teff

    - Sorghum
    - Farro
    - Bulgar

### NON-STARCHY VEGGIE EXAMPLES

- Spinach
- Artichoke
- Asparagus
- Bamboo shoots
- Bean sprouts
- Brussels sprouts
- Broccoli
- Zucchini
- Carrots
- Cabbage
- Bok choy
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Collard greens
- Kale
- Mustard greens
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms

- Peppers
- Radishes
- Rutabaga
- Endive
- Romaine lettuce
- Arugula
- Radicchio
- Watercress
- Sprouts
- Sugar snap peas
- Swiss chard
- Turnips
- Green beans
- Okra

#### **FAT EXAMPLES**

- Butter
- Olive oil
- Avocado oil
- Coconut oil
- Coconut meat/coconut flakes
- Avocado
- Olives
- Cheese
- Walnuts
- Almonds
- Cashews
- Macadamia nuts
- Pecans
- Pistachios
- Flaxseeds
- Hempseeds
- Chia seeds
- Sunflower seeds
- Sesame seeds/tahini
- Pumpkin seeds
- Peanut butter

Following this blueprint is the first step to optimizing your plate to fuel your fertility!

Are you ready to take it further? Click the link below to schedule a free consultation with Becca to discuss how she can help you optimize your diet and supplementation to support egg quality, hormone balance, and a healthy growing enviroment for your baby.

Schedule a Free Consult



In good health,

Becca Romero



LITTLELIFENUTRITION.COM

Little Life Nutrition© 2022